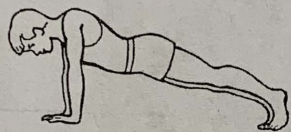


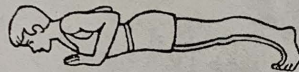
Body Weight Workout



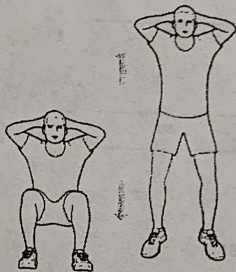
Crunch



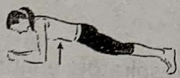
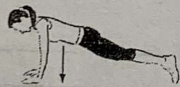
Lunge



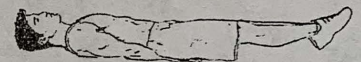
Push up



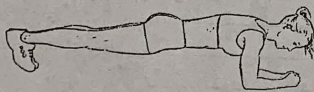
Squat



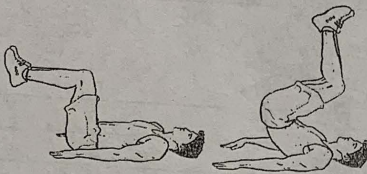
Up-Down Plank



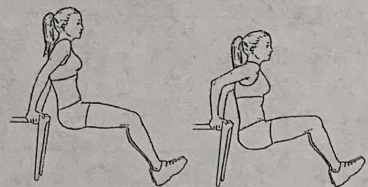
Flutter Kicks



Plank



Reverse Crunch



Triceps Dips

Do each Exercise for 30 Seconds

Level I 3 sets

Level II 5 sets

Level III 7 sets

Rest between sets (90 sec)